

Read the texts carefully and do the tasks.



You asked Andrew ...

Andrew's advice ...

<p>Dear Andrew, I'm really overweight! I've cut out breakfast and all fatty foods, but I just can't seem to lose weight. I'm desperate- please help! Hungry & Miserable, Coventry.</p>	<p>Don't despair! First of all, you should always eat breakfast! Imagine you're a car. If your "fuel tank" is empty, it doesn't go anywhere! Also, if you skip meals, you often eat more later and put on weight. You should eat a balanced diet and take plenty of exercise. That's the best way to lose weight!</p>
<p>Dear Andrew, I'm always stressed out! I work long hours and find it hard to relax when I get home. What can I do? Stressed, Brighton.</p>	<p>Take it easy! There's more to life than work you know! Why not take up a new sport or hobby to get out of the house? You could join a gym! Also, your body copes with stress much better. Also; try not to drink too much coffee and tea. If you drink a lot of caffeine, it increases anxiety.</p>
<p>Dear Andrew, I sit at a desk all day, but I always seem to feel tired! Any suggestions? Sleepy, Cardiff.</p>	<p>Try going for a quick swim in the morning or walking to work. When you exercise, your heart beats faster and your blood carries more oxygen to your brain. This gives you more energy and helps you think more clearly! Also, do you get enough sleep? Remember, most people need 7-8 hours of sleep to function well the next day.</p>

Adapted from ' Upstream Elementary A2 - Virginia Evans-Jenny Dooley

Part One: (14 pts.)

A/ Reading comprehension (7pts.)

Task one: (3pts) Read the texts carefully and answer the questions:

- 1/Have the senders got the same problem?
- 2/ Who can't lose weight?
- 3/Who is Andrew?

Task Two: (2pts) Read the texts carefully and say if the sentences are 'true' , 'false' or ' not mentioned':

- 1/Andrew advises the person from Brighton to drink coffee.
- 2/ The three people are men.

Task Three: (2pts) Match the words in column A with their equivalents in column B :

A	B
-gain	-start
-take up	-put on
-cut out	-work
-function	-stopped eating

A/ Mastery of Language (7pts.)

Task one: (3pts) reorder the words to get coherent sentences:

-fast /food/is/than /Homemade/healthier/./food

-fresh fruit / To be/ eat/,/healthy/./and/vegetables/

-important/is/Food/ very/life/./the life/for/ human beings/of/
.....

Task Two: (2pts) rewrite the sentences using the imperative form:

I always (to try) to have a balanced diet but when I am out I sometimes can't
(to resist) some delicious desserts . I know it(not to be) good for health
,but I (to take) care more in the future .

Task Three: (2pts) circle the silent letter:

Sandwich - should - despair - weight

Part Two: (6 pts.)

A British friend of yours told you about his/her eating habits . He/she asked you to tell him about your eating habits .Write a letter an tell him/her them . Speak about what you eat daily. If it is a healthy diet.

Dear,

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G O O D L U C K

Mr Hadj Rabah